







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Dinner/Dance 1</b> held every third Thursday of each month.	<b>Center 2</b> <b>Closed</b> <b>Income Tax</b> <b>Assistance</b> <b>9:00-4:00</b>	<b>3</b> 9:00 Strength Tr. 10:15 Rummy 10:30 Video Ex. 11:00 Wii Bowl 11:45 Trivia 1:00 Sit & Knit	<b>4</b> 10:15 Games 10:30 Sit & Be Fit 11:30 BP Self-check 12:45 BINGO  FSC-"Getting things in order"	<b>5</b> 9:00 Strength Tr. 10:30 Video Ex. 11:30 Smoke Detector Safety 12:00 Celebrate March Birthdays 1:00-Greeting card craft <small>Purim</small>	<b>6</b> 10:00 – 3:00 Wal-Mart Shopping Frederick, MD 1:00 – 2:00 Food distribution for Seniors at FSC	<b>7</b> 
<b>8</b>  Daylight Saving Time Begins	<b>9</b> <b>Center</b> <b>Closed</b> <b>Income Tax</b> <b>Assistance</b> <b>9:00-4:00</b>	<b>10</b> 9:00 Strength Tr. 10:15 Rummy 10:30 Video Ex. 11:00 Wii Bowl 5:30 PIZZA & Card Party	<b>11</b> 10:30 Sit & Be Fit 11:00 Ask Nurse Steve-How do I take care of your skin? 12:45 BINGO	<b>12</b> 9:00 Strength Tr. 10:30 Video Ex. 11:00 Who, what, where? 11:15 Finger exercise 1:00 Coaster craft	<b>13</b> 10:15 Card Games 10:30 Wii 11:30 Trivia 12:00 Cold Cut Sub 1:00 Local Shopping  	<b>14</b> Department trips for March:  3/13-National Electronics Museum  3/20-National Guard Memorial Museum
<b>15</b> 	<b>16</b> <b>Center</b> <b>Closed</b> <b>Income Tax</b> <b>Assistance</b> <b>9:00-4:00</b>	<b>17</b> 9:00 Strength Tr. 10:15 Rummy 10:30 Video Ex. 11:00 Wii Bowl 11:45 Trivia 12:00 Special Meal 1:00 Sit & Knit  <small>St. Patrick's Day</small>	<b>18</b> 10:15 Games 10:30 Sit & Be Fit 11:30 Lunch Out with Friends	<b>19</b> 9:00 Strength Tr. 10:00 Story time w/Mary's kids 10:30 Video Ex 11:45 Nutrition Minute 1:00 Walking Group	<b>20</b> 9:00 – 12:00 Wal-Mart Shopping Charlestown, WV  <small>Spring Begins</small>	<b>21</b> 
<b>22</b>	<b>23</b> <b>Center</b> <b>Closed</b> <b>Income Tax</b> <b>Assistance</b> <b>9:00-4:00</b>	<b>24</b> 9:00 Strength Tr. 10:15 Rummy 10:30 Video Ex. 11:00 Wii Bowl 1:00 Sit & Knit 5:30 Card Party	<b>25</b> 10:15 Rummikub 10:30 Sit & Be Fit 11:30 BP Self-check 12:45 BINGO	<b>26</b> 9:00 Strength Tr. 10:30 Video Ex. 11:00 Know the 10 signs of Alzheimer's Disease	<b>27</b> 10:15 Card Games 10:00 Mobile I & A 10:30 Wii 11:30 Trivia 12:00 Waffle Bar 1:00 Local Shopping	<b>28</b>  <b>Coca-Cola</b> Month
<b>Brunswick 29</b> <b>Senior Center</b> "Where the finest people meet"  <small>Palm Sunday</small>	<b>30</b> <b>Center</b> <b>Closed</b> <b>Income Tax</b> <b>Assistance</b> <b>9:00-4:00</b>	<b>31</b> 9:00 Strength Tr. 10:15 Rummy 10:30 Video Ex. 11:00 Wii Bowl 11:45 Trivia 1:00 Sit & Knit	